

WONDERING WHAT THE HELL HAPPENED TO SEPTEMBER SINCE 1963.

THE NUGGET

Thursday, September 28, 2000
Volume 38, Issue 4

NAIT'S OFFICIAL STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

Mmmm - NAIT's New Cafeterias



TINA
Werner

It's a basic necessity to life, and to most students, it's what life revolves around. That's right - food. And, until now, we've had to consume our lunches in ancient, rundown, dark cafeterias; but, with the newest edition to our five-star fleet of cafeterias, we no longer have to cringe at lunch time. It's been four years since the planning has begun in October 1997, with the first completed project opening at the end of August 1998, and the newest project in the Annex opened just this past August.

The new renovations have increased the business from 25 to 30 percent since they have begun the process. For instance, the Common Market on main campus features franchised kiosks such as Mr. Sub as well as Pizza Hut. The Bistro features another Mr. Sub, the Corner Grille, and many convenience foods. Many students favour the slush machines that are located in the Bistro and Fresh Express.

With the debut of the Common Market, Fresh Express, and the brand-new Bistro in the Annex, our students are eating in style. The look of the cafeterias are all very modern and practical. The new Bistro cafeteria offers soft couches, comfy chairs, and coffee tables for relaxing in-between classes and making the most of your lunch hour. Even when the kitchens are closed, the seating areas are open for studying or just hanging out.

Jennifer Grelli, who is a 2nd year Architectural Technology student, thinks that the new Bistro cafeteria is a worthwhile addition to our school. "It makes you want to sit and stay for awhile. It's just so much more convenient," says Grelli. She also noticed that there is more of a variety and a choice of healthier foods. The new area also includes a section where students can purchase everyday items that they may otherwise have had to go to the Campus Reads & Needs for.

The new NAIT cafeterias have been very positive additions to our school and a welcome change by all. Be sure to check out all the new facilities to experience what everybody is talking about. Put up your feet and stay awhile.



Nugget Re"coops" at Rehab

SEE MORE INSIDE...



VP Operations David Veilleux gives a heart-felt congratulations to our NAITSA Passport Tuition winner Greg Wotherspoon.

Way to go Greg!

Congratulations to all our other winners as well.



In Search of Direction?

Just Leave It Up to Destiny



SALLY Poulsen

"Destiny Web is about the potential that's innate in every person and the creative expression of that potential through career," says William Foran, president of Destiny Communications and publisher of DestinyWeb, a quarterly internet magazine geared towards western Canada's post-secondary population.

"We want to help people see the limitless possibilities for the expression of their talents."

The web-zine, which is slated to premiere in November, will

be available in both print and electronic formats. Featured departments will aid readers in discovering their aptitudes and talents, offer resume advice, explore career options, and more. The website challenges readers to think about their career "not just as a job... but instead as the very best expression of yourself."



"It's so common to put off thinking about a career until after school... [but] just imagine the advantage of a student who has methodically, but gradually, developed industry knowledge, experience, awareness, and contacts over the course of their studies," adds Foran.

The November issue will feature articles on student financing, a listing of the top job sites on the web, and career visualization.

DestinyWeb's initial circulation

is estimated to be around 2,600 in British Columbia, Alberta, Saskatchewan, and Manitoba. A subscription is \$12 a year for four issues. Signup forms are available online at <http://www.destinyweb.com>, and people subscribing before October 15 will be included in a draw for a portable MP3 player.

A Student Crimestopper's Reminder

As of Friday, September 22, 2000, warning tags for illegally parking on campus will no longer be issued. To-date, since the second last week of August, 643 warning tags have been written. Please

ensure that the area you park in is a valid parking location.

If you have any questions, please contact the parking office at 471-7539.

Happy parking!

NAIT DISCOUNT CARD

The Bearer is Entitled to a

10%

Discount on all regular priced merchandise, including Levi's, Sorel, Carhartt, and Helly Hansen.

WORK WORLD

Kingsway Garden Mall location only.
(Next to Bank of M.)
Ph: 479-2478
Expires August 31, 2000.
NAIT ID required.

TUESDAY

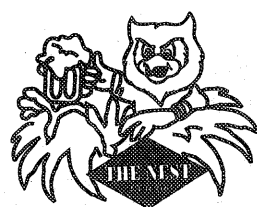


KOKANEE DRAFT NIGHT

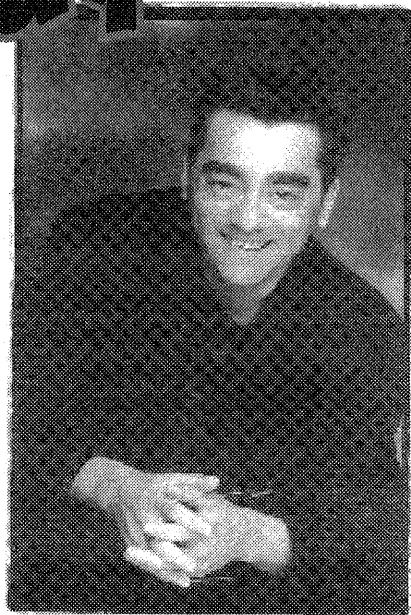
75¢ DRAFT
3 PM - 10 PM

Comedy Wednesday

Wednesday
October 4 • 5 pm
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KERRY TALMAGE



READS & NEEDS

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Come and check out our great fall fashions! Lots of new polar fleeced jackets and vests at exceptional prices. Four-in-one jackets only \$119.20!



SAVE \$5.00 off a purchase of \$20.00 or more of NAIT imprinted items, clothing and backpacks! Just use the coupon from your Student Handbook.

Odds & ends



DARIA Morgan

A Few Fruits Short Of A Basket

A 17-year-old female from Ayr, Ontario, was the source of the most original explanation that Staff Sergeant Doug Ghent has ever heard in his entire police career. A youth lost control of her car earlier in the week and slammed into a tree. When asked what happened, she told Ghent that she was eating an apple at the time and got distracted when she bit into a soft spot on it. She suffered minor injuries from the accident but did not require medical treatment. Charges are still pending.

If You Show Me Your Pumpkin, I'll Show You Mine

The 3rd annual Great Pumpkin Contest was held in Peoria, Illinois, this past week. The winning pumpkin tipped the scales at 263 pounds but only won because a 309 pound counterpart was disqualified for its pungent stench (according to the World Pumpkin Confederation, if a pumpkin smells, it is ineligible to compete). The owner of the 309 pounder did not walk away empty-handed, however - his 218 pound pumpkin managed to nab 3rd place.

The Catholics And Their Condoms

The Vatican's official newspaper reports The Vatican will condone condom use only if they are used for the sole purpose of preventing AIDS. They state they will tolerate their use as part of a comprehensive AIDS education program where the primary focus is on moral behaviour. The Vatican has also released the statement, however, that if the sexually active person knows for a fact that their mate and themselves are disease-free, then they do not condone the use of condoms strictly for birth control.

Seems Like A Silly Study To Me

In this month's issue of "Annals of Internal Medicine," Dutch researchers have wrapped up a 40-year study on the health benefits of moderate wine consumption. Researchers concluded that wine drinkers who consume one to three or more glasses a day have a lower risk of death from heart disease than non-wine drinkers do. It was also concluded, however, that wine drinkers have a lower risk of death from cancer than non-wine drinkers - but only if the wine drinkers consume less than three glasses a day.

Too Much Information

According to a survey conducted of 7,800 people between Chicago, Atlanta, New York, San Francisco, and New Orleans, 60 percent of them were observed to not wash their hands after using a public bathroom. When you expand the findings to apply to the entire country, 2 out of 5 Americans aren't sanitizing their phalanges after dumping their load.

Man Wins A Year's Supply Of Viagra

A 52-year-old Hong Kong man was awarded a year's supply of Viagra as part of a court settlement this past week. After being struck by a motorcycle, the man claimed to have problems getting it up. He originally asked for a 10 year supply in his settlement, but the judge ruled there was no reasonable evidence to support that finding. The year's supply of Viagra (which costs \$550) was part of a \$320,000 compensation package awarded to the man.

Estrogen In Iran

Farah Khosravi, a 41-year-old woman, has decided to run for president in Iran next year. Khosravi holds a master's degree in management and planning and is currently the secretary-general of the Iran-e Farda society, a right-wing political group. This will be Khosravi's third time running for a seat in Iran's parliament, having lost both in 1992 and 1996. The current Iranian president, Mohammad Khatami, was elected in 1997 in a landslide victory. He appointed a woman, Masoomeh Ebtekar as his vice-president. There has never been a female president in Iran, however. Khatami has also announced that he will be running for president again [against Khosravi].

Sounds Like An Ingenious Idea To Me

The US government has named 15-year-old Johnathon Lebed has the youngest person to ever be charged with stock fraud. Lebed is accused of using the internet to pump and dump stocks for a profit of \$272,826. Lebed has admitted to investing in the stock market since he was 12, learning about the trade by watching CNBC and CNN as well as by reading various websites. Lebed has not yet entered a plea, but he has turned over \$285,000 so far to the Securities and Exchange Commission. The SEC says Lebed would buy large volumes of stock that were sparsely traded and then pump them by posting false messages praising the stock. Then, if the stock's prices went up, Lebed would dump them at a profit.

Please Do Not Tell Me How

A headline straight out of Reuters this week advertises that the ape herpes virus may be transmittable to humans.

An Electrifying Woman

Christine Moody, a 78-year-old woman from Southdown, England, claims she is allergic to electricity. She states she cannot be near anything electric and lines her shoes with chrome leather soles. She even wears a wind-up watch instead of a battery powered one. As for the cause of Moody being allergic to anything electric, doctors are baffled, though Moody states that it all began during a thunderstorm 20 years ago when she was struck by lightning.

The Chemicals Between Us

The Colorado Public School Board is taking a major tongue lashing this week after it was found that 92 percent of their schools had chemicals so old in their chemistry labs that they had to be removed by police bomb squads. One of the chemicals found, known as "Yellow Cake" (a concentrated form of uranium), was so poorly stored that a teacher that touched the outside of the bottle days before was still contaminated. Other chemicals removed from some of the labs were noted to be so unstable that, just by being jostled, could explode with enough force to kill everyone in the school. When asked to comment on the issue, Education Commissioner Bill Moloney stated that the chemicals found wasn't an issue of curriculum, but rather a department of health problem. However, Health officials are saying they are not trained for such issues.

Matches Truly Made In Heaven

Sisters-in-law Sheila and Rhona Preissler have truly found their soulmates. They are married to brothers and, by a twist of fate, both sisters-in-law suffer from chronic kidney disease. Well, after the ladies were unable to find suitable matches among their own families, the Preissler brothers got tested, and both were found to be perfect matches for their wives. The brothers say they are just giving their wives a chance to go on with life. Kevin Preissler, husband to Sheila, joked after the surgery, "I just hope they don't get a tendency to stand up and urinate."

Bullwinkle Gets An Eyeful

When Bruce the Moose, the official moose of the Canadian International Air Show was accidentally dropped 300 feet onto Hanlan Point Beach just outside of Toronto last week, he got quite the eyeful. Hanlan Point Beach is a beach well-known for its nudist sunbathers. When Bruce crashed, he was the one wearing the most clothes dressed in a leather aviator jacket, a leather pilot's cap, and a white scarf. Fortunately, Bruce didn't land on any of the bathers, and since his fiberglass base took most of the fall, he was able to be fixed up in time to open the air show the following day. I'm sure it's an experience neither the moose nor the nudie patooties will forget, however.

Have questions or suggestions? E-mail me at: virgin_state_of_mind@hotmail.com

Hallelujah, It's Raining Men!



Jenny Thornbird

The illustrious women of Westwood Campus' Office Administration and Records and Information Management program would like to invite you to a BBQ and silent auction today, Thursday, September 28, at the Westwood Campus gym (12140-103 Street). The BBQ and silent auction will take place from 12 p.m. to 1:30 p.m.

Now, anyone who has visited Westwood Campus or has had the opportunity to take classes there, knows there is a **SEVERE MAN SHORTAGE**. Westwood is overflowing with estrogen, with maybe five boys on the entire campus.

This, of course, also means that Westwood is overflowing with single women, so every single man reading this article today should

stop, drop the paper, and run over to Westwood right now and get fed by a Westwood girl! Maybe you'll even meet the girl of your dreams.

As for all the women reading this article, this is the best part. The women of Office Administration and Records and Information Management have been given **10 VERY HOT, VERY SEXY BUSINESS ADMINISTRATION MEN TO AUCTION OFF**. And ladies, I have to divulge, one of these men is a very virile man-in-power for NAITSA and was seen **completely butt naked** in the January 13, 2000, issue of the Nugget last year. Yum, yum, yum!

So come one, come all, to the Westwood Campus BBQ and silent auction today! The girls of Office Administration and Records and Information Management will also be selling tickets (\$5 each) for a cabaret to be held at Cowboy's Friday, September 29. Your ticket will literally be your ticket to partying down with some of the hottest girls at NAIT.

NAIT Aboriginal Student Club

NASC Meeting

The first social gathering of the NAIT Aboriginal Student Club on September 6, 2000, was a huge success. We would like to thank those students who participated in our meet and greet. Our next meeting will be held on September 27, 2000, in Room E-127 from 4:15 p.m. to 5:30 p.m. Other meetings have been scheduled for the same room and time on October 18 and November 1 and 22, 2000.

Bulletin Board

Check out our new bulletin board across from office E-134 in the E-wing for notices of upcoming events and announcements.

City Police Recruitment

We would also like to bring to the attention of the students that the Edmonton Police Service is actively recruiting. They are anticipating an increase in hiring officers over the next five years. If you are interested in applying or require further information, please contact Jim White at 421-3479.

Fund Raising and Activities

There are several different activities and fundraisers being planned for this year. We appreciate the opinions and suggestions of club members. We would also like to encourage volunteers for our role model program. The role model program is intended to provide junior high and high school students with a positive attitude and outlook regarding pursuing post-secondary education. If you would like to find out more information, please contact Eva Stang or Robyn Gladue at 471-7613 in Room E-134. Robyn can also be reached in the evening at 474-2216.

Intermurals Needs Participants

If you would like to participate in intermurals, the NASC is gathering names for teams. The sign-up sheet is posted in office E-134. If you have any questions, please contact Joe Jobin via Eva Stang's office.

Welcome back, students, and good luck in the upcoming school year!

A Call To Arms

One Man's Battle for Common Sense



KENNY
Total

So, I've been thinking. I've decided that I should organize a revolution and overthrow the government, restoring common sense to the masses. And then, once I've set things right and made up a new set of ground rules,

them the ol' f*cky-f*cky. Why can't we do that? Why can't we say, "There is no way you paid \$45,000 bucks for a toilet or \$8,000 for a hammer. I want to see the receipt."

SOLUTION:

Anarchy.

PROBLEM #2:

Farmers are cryin' they can't make any money. Cry me a f*ckin' river. I can't count the dead end jobs that I've had that paid next to nothing. When I pumped gas for \$6 an hour and I couldn't make a car payment, did I run to the government and ask for them to subsidize me? No. What

did I do? I sold the car and got a better job. The farmers complain that they are being forced out by bigger farmers with more money. This is called progress. Progress is why we have a vaccine for Polio. Progress is why we have indoor plumbing. If one farmer can do the job of ten and then sell me the end product at a cheaper rate, who

older than 14 can smoke and vote. You want kids to act like little adults? Start treating them like little adults. If they have to do all the hard work that adults have to do, why can't they enjoy the same perks?

PROBLEM #4:

College/University students. Jesus. I keep meeting students that feel their education is something that is owed to them. I hate to tell ya, but a post-secondary education is a privilege, not a right. **PAY YOUR GODDAMNED LOANS.**

SOLUTION:

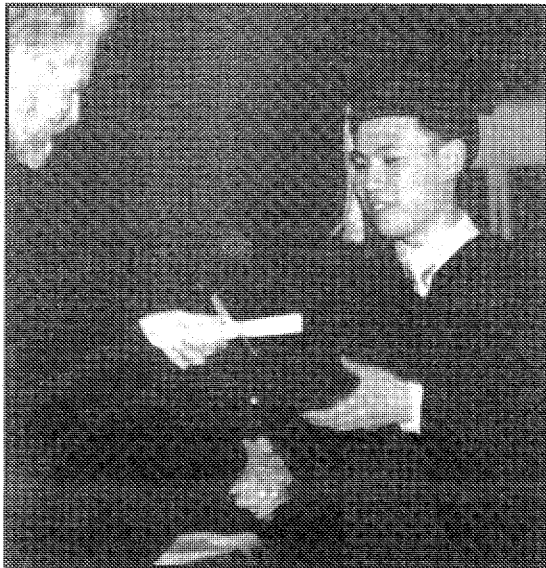
This one is actually really easy. As

High Overlord of Canada, I'm getting rid of loans and replacing them with grants. That's right. Instead of lending you money, I'm just gonna give it to ya. **HOWEVER**, there will be some ground rules:

1. Good marks in high school don't automatically get you the money. If you were that smart in high school, I don't see why you couldn't get a scholarship or two while you were there. People that have had some hardships get the money.
2. No going to college or university directly out of high school.

You'll have to work for a year before being given the "Total Post-Secondary Education Grant." High school doesn't prepare you for anything that goes on in the real world. Go to work and learn some of life's lessons the hard way. If nothing else, you'll appreciate your degree that much more when you finish.

3. Should you take the "Total Continuing Education Grant" and you leave Canada to go to work in an other country, the grant automatically becomes a contract on yer sorry head. Why the hell would I give you money to go to school so that you can go to the States to earn a livin'? You take my grant, you stay and work in Canada for at least five years. You wanna leave before your five years are up? That can be accommodated as part of an easy payment plan: one f*ckin' payment of everything that I gave you.



I'll be able to step down as the High Overlord of Canada and allow you to elect your new leader.

Things in this country are WAY outta control. We have a government that we allow to tax us at a rate of 45%. We have farmers bitchin' and moanin' about how much money they're losing and how they don't think that they can hang on much longer.

Anyone over the age of 25 is throwing their arms in the air and expressing how upsetting the present state of young people on this continent is. Anyone under the age of 25 cannot understand how anyone over the age of 25 can be so ignorant. Students who think that student loan money is owed to them are totally baffled when you tell them they have to pay it back. **WHERE DID YOU PEOPLE COME FROM?** I'm doing you all a favour here and outlining four simple steps for cleaning up these messy world issues.

PROBLEM #1:

Government. A tax rate of 45 percent. Do you have any idea how much I pay in taxes every year? Do you know how totally unsatisfied I am with what my tax dollars buy? If I decide that I'm gonna withhold some of my tax dollars, the government can decide to audit me and make sure that I'm not trying to give

am I to complain?

SOLUTION:

If you don't like progress then you can go live in the bush without electricity, antibiotics and diesel powered tractors.

PROBLEM #3:

Kids killing kids. Sorry, Mom and Dad, but this is a direct result of adults being ignorant. Children don't get to have childhoods anymore. Parents have kids, and by the time he/she is 8, he/she has his/her own key to the house and is expected to let himself/herself in the house everyday after school. By the time they're 13, kids are supposed to know what he/she wants to study in University. If, by the time a kid is 16, his/her marks aren't good enough to get into University and parents whip out the "You Should Know Better/Be More Responsible" speech and corresponding punishment. At the same time, if this kid wants to have a beer, smoke a cigarette, or (God Forbid!) have sex, its the end of the f*ckin' world. Let me ask you a question: In the States, you have to enlist when you turn 18. How is it that you can be considered old enough to pick up a gun and kill for your country, yet you are considered too immature to go to the bar and have a drink?

SOLUTION:

Lower the drinking age to 17 in the US and Canada (no shit). Anyone

BACK to SCHOOL

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ENTER to WIN

\$3000

PRIZE PACKAGE!!!

prize package includes:

- IBM LAP TOP COMPUTER
- compliments of **The BRICK**
- \$500 TUITION CASH
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All you have to do is fill out the entry form at the bottom & drop off at NAIT Boston Pizza 10115 Princess Elizabeth Ave (right on the traffic circle)

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11:30 am - 1:30 pm

MONDAY ... Any 2 Topping Individual Pizza just... \$4.99

TUESDAY ... Pasta Tuesday ... \$5.75 (Mix & Match)

WEDNESDAY... Bottomless Soup & Salad... all you can eat just \$5.99

THURSDAY... Non-Stop Pasta Bar...all you can eat just \$5.99

FRIDAY... All You can Eat Pizza Buffet... Just \$5.99

ENTER to WIN

Name: _____

Address: _____

City: _____ Prov.: _____ Postal Code: _____

Telephone: _____

I think It's Time you met my Parents



**MIKE
Oxamitny**

You've all read articles on dating: what to do, how to behave, and blah, blah, blah. However, there is one crucial aspect that has been neglected and is seldom talked about. I thought I should bring it to your attention as it could be very beneficial if you play your cards right. It's just that some of you are going to need a few more decks to play this game than others.

There comes a time in a relationship when you have to meet the little lady's folks. Now, it would be great if they were hippies and owned their own brewery, but we can't have everything. Usually, and I'm using movies as a reference here, the mother is a great cook and as sweet as honey and her dad is the military type with a chip on his shoulder and has a great dislike for young punks like you. Meeting the parents can make or break you, because if the parents don't like you, you're screwed with them - and if they do like you, then you're screwed with your girlfriend. This relationship stuff is quite the balancing act, and there are certain procedures to ensure smooth sailing.

First of all, a little grooming never hurt. Now, I don't mean go out and get a fancy haircut and some new duds (suckass), I mean, shave off that cheesy Ethan Hawke goatee and brush your teeth. Don't overdress, either. You don't want her dad thinkin' that his baby ain't going out with any pointdexter. They have a little pride, too, you know; not that much where they go around and tell all their friends, "Hey, my daughter's boinkin' the quarterback at blah, blah, blah," whereupon multiple high-fives are exchanged, but they have some pride in their offspring, so, take pride in yourself.

Mothers are the key, because if she likes you, then the dad can't be such an ass around you all the time because he'll hear about it later. A classic way to win the mom over is the first time you meet her, say something clever and complimentary. Like, the one time I went over to this girl's house and her mom answered the door, I immediately smiled and said, "You must be Rachelle's sister." Big time points there. However, the mothers are the smoke screen in the interrogating. They suck you in with the great home cooked meal and the cute stories about her daughter, and just

when you relax and let your guard down, BAM! Dad's all over you like a fat kid on a Smartie.

You also have to realize that everything that they ask you is a test, like the one time I was at a young lady's house for dinner and her father was giving me the gears. He said, "Son, chicken is my favourite. I'd let nothing come between me

**Now, it would be
great if they were
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their own brewery,
but we can't have
everything.**

and my chicken. I go crazy when something happens to my chicken." All right, all right, I get it. So, when he asked me what my favourite piece was, he curtly inquired "Breast or leg?" Without hesitation I answered, "wing." Saved my ass.

Now, I don't look at chicken the same way, either.

With that note, watch how you respond to the questioning. If you are unemployed, don't say you are in-between jobs right now. All that means is that you sit at home on the couch after you got up at 2 p.m. to watch TV and play Sony and that you're only going to start looking for a job when you don't have enough money to pay for all the pot you smoke. If you do have a job, jazz it up a little. If you, let's say, pump gas, you're not a gas jockey, you're a petroleum transfer engineer at a local fossil fuel distribution centre.

Make sure you know your audience. I once was going out with this girl and we went over to her place. Her parents were there, and her dad asked me, "How's it going?" Where I nonchalantly replied, "Pretty good. I've gotten to second base with your daughter, so I can't complain," Luckily, I had met him before, and he knew my sense of humour and that I was joking, because, really, I was well on my way to home.

Don't try any funny stuff too soon, and don't do it while you're parked in her driveway. You never

know; her dad could be like John Travolta in Face Off and kick the snot out of you. Plus, you could also somehow, and I'm not sure how, hit the emergency break and roll into the street and almost hit a parked car. (Ask me some other time.)

If, by some miracle at this point, you are going to get busy with your significant other, don't go and try to impress her by using some special sex techniques you got out of some Maxim magazine you were reading on the can. Not only will you not do it right, but when she asks what the hell that was and if you got it out of some stupid guy's magazine, there's a certain extra amount of shame that comes along with just being lousy at foreplay and sex.

Remember, meeting the parents can be a fun and exciting experience. Never let your guard down, and know thy enemy. Just one final note though - if she says stuff like her parents are on a really long vacation or died when she was very young or is able to make up any excuse as to why you can never see them... don't. Because with that, if her parents are psychos, you realize that the apple doesn't usually fall too far from the tree.

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11762 - 106 Street

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Wednesday, October 4, 2000**

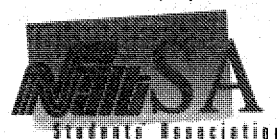
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Room E-128
11762-106 Street
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Production Office
471-7615

Fax
491-3989

e-mail
nugget@ookmail.nait.ab.ca

Editor-in Chief
Curtis Comeau

News
Sally Poulsen

Features
James Olson

Sports Editor
Travis Bannert

Entertainment
Kelsey Farnalls

Photographers
**Amy Senecal
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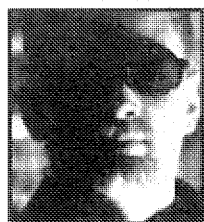
All submissions Must be
accompanied by Your Name
& Student ID Number

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Contributing Writers

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Werner

The Shadow of the Sixties



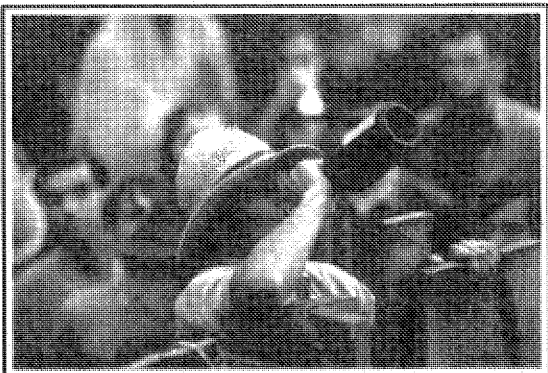
JAMES Olson

Over the years, I've accumulated a lot of commentary on my left wing politics, mainly from students and friends, but also from older and more experienced rabble-rousers. Some of my favourites have been from ex-love children that grew up in that highly experimental decade known simply as "the sixties." For the most part, their words have been encouraging, but there have been a few that have, more or less, told me to take my battles to the street and *really make a difference*. And then I tell them to fuc*in' take a hike.

Were the sixties really that swinging? Personally, I think our protests are a lot better nowadays. Forget about sticking a daisy in the barrel of a rifle - if some riot squad asshole was pointing some tear gas

at me, you better believe I'd be throwing rocks, two-by-fours and anything else that wasn't nailed down at him. I think a lot of twenty-something's share my attitude. All you need is love? What about intelligence and a sense of self-preservation?

And where are all of these highly enlightened people now? Either they're still smoking pot in their parents' basements or waltzing down Wall Street. They washed out, they set their goals too high, and when reality crept back into the pic-

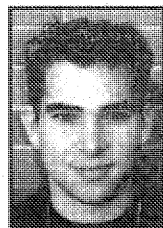


If you see any dirty hippies that look like they're up to no good like the gentleman pictured above, please alert campus security immediately.

ture, they realized that nothing really is as it seems. Did they really believe they were going to change the world, or were they simply along for the ride? For the most part, I think they were all killing time, counting down the days before the haircuts and real jobs started happening.

Growing up in the shadow of the sixties, listening to the Stones and the Beatles, and getting some cheap laughs from Abbie Hoffman, a lot of us kids who are now coming of age find it difficult to measure up to our hippy forebearers. Idolizing a generation of vagrants and panhandlers can be a dangerous thing - I mean what did they really accomplish? Well... I mean *besides* civil rights.

A·D·V·I·C·E



CURTIS Comeau

A wise old man...well, old teacher, well I guess he's not that old, but he sure is wise, told me that an editor of a newspaper should have an editorial column. So, I have to thank him. It's now 2:12 a.m. on the day before the article deadline, and I have just thought of something to write about.

Anyone can give it, as much as anyone can receive it. Often, it will motivate someone to take an action, prevent an action, or make someone think about the possible consequences. Either way, here is a list some advice that I have gathered over the past few years - perhaps you will use some of it to your advantage.

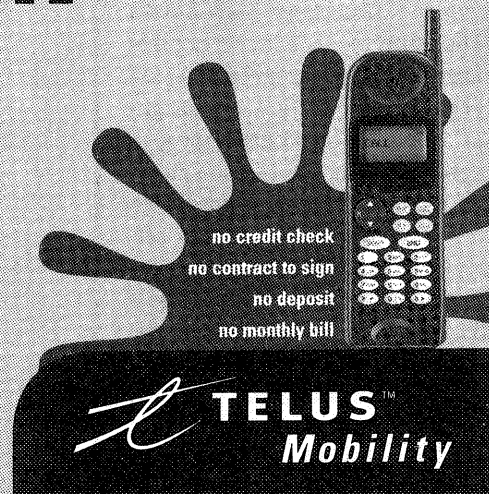
1. People never tell you when you're doing a good job, but everyone will tell you when you're doing a bad one.
2. Never pee into the wind.
3. Smart men learn from their mistakes, brilliant men learn from other people's mistakes.
4. When in doubt, leave out. (Teacher)
5. Knowledge creates interest.
6. Girls are trouble.
7. When one door closes, another one will open.
8. If you're gonna burn your bridges, you had better be a good swimmer.
9. Good leaders will lead. Great leaders will sit back and wait for the good ones to fail and then win the war.
10. People who are bitter live a sad and pathetic life.

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Concordia Takes Annual Blue/Gold

Tournament

Ladies are set to go on the Weekend



DARRYL
Hodgson

I would like to start this article by saying BRAVO to the Men's and Women's Soccer teams for beating the SAIT Trojans on the weekend. I like nothing more than to hear that the Blue and Gold laid a savage beating on the punks from the south.

And now hockey news. It was an exciting weekend at the NAIT arena. The annual NAIT Blue/Gold tournament was held and went by without any snags (other than the Ooks not winning, of course).

Our weekend started on Friday night when we took on the Augustana Vikings. A rubber match, one might say, after the split in last weekend's series. A slow start and six shots against us in the first minute-and-a-half, prompted Ooks coach Terry Ballard to call a timeout and let the boys know that the team is not made yet and that everyone still had to earn a spot on the roster. That seemed to light a fire under the boys' asses. Reto "Schwanz" Taborgna got the boys on the board right after that with a goal on a deflection. Unfortunately, that was all the boys could muster up, and it was all Augustana after that.

I played the whole sixty minutes in goal and got "shocked" for four goals against. (In case no one knows, Darryl is NAIT's starting goaltender—Editor) Complete domination by the Vikings led to the first loss of the tournament for the Ooks.

Final Score:
VIKINGS 4 - OOKS 2.

Earlier in the day, Concordia had defeated the Grant MacEwan Griffins for their first win. So, on Saturday night, it was the blue and gold versus the GMCC Griffins. After learning that Concordia had just defeated Augustana, we knew that we had to win to stay in the hunt

for first place. A great game by the "CREEP" line consisting of Jeff Innes, Steve Reade, and Tyson Shielke, led the Ooks to the first win of the tournament. Two goals by Steve Reade and a solid effort in goal by Tyson "I missed the poke check" Lafrance was all it took.

Final Score:
OOKS 2 - GRIFFINS 1.

On Sunday, Augustana won their game versus GMCC, meaning that we would have to win our last game to end up in a three-way tie for first place. The boys came out quick and dominated in the offensive zone for the first two periods but could only manage one goal on Concordia's goalie. It wasn't for lack of shots though - every letter on the goalie's jersey had a puck mark on it. "Show chest and then take it away," is what my mentor Dickie Dunn would have called it.

The Thunder managed to tie the game late in the third period on a "squeaker" through my five-hole. More late chances ensued for the Thunder, but they had no finish, and five minutes of four-on-four overtime solved nothing.

Final Score:
OOKS 1 - THUNDER 1.

Cory "Designated Driver" Pecush was the lone goal scorer for our boys. This left us in third place with a 1-1-1 record behind Augustana's 2-1-0 record and Concordia's 2-0-1 undefeated record.

The next action for the Ooks will be in two weeks when we host the annual Pre-season tournament right here at the NAIT Arena. Stay tuned for more details, and thanks to all who attended this weekend.

For all you hockey fanatics who just can't get enough, come check out the NAIT Women's Hockey Team this weekend at the NAIT Arena as they host their Blue/Gold Tournament. Games are on Friday at 4 p.m. and on Saturday. Check the bulletin boards located around campus for more details and game times. Good luck, ladies!!!

Until next week, ciao from El Chimp.

Women's Hockey: A Legend is Born...

Your NAIT Ooks Women's Hockey team is back in action and on the rise to the top!

After a great finish in their first exhibition season, we are starting our first year in the ACAC. This being our premiere season, our girls want to come out strong and be rewarded with a win. Our dedicated coach, Ryan Parent, along with our excellent coaching staff which includes Dave Lumir, Erin Daling, and Marlow Kulak, have put together a promising team.

We have four returning veteran players from last season. They are power forward Melanie Maloney, incredible defensemen Kelsey Auther and Angel LeBlanc, and we can't forget our unbeatable goalie, Lisa Russel.

A number of rookies have also joined the ranks of the Ooks. These rookies bring an assortment of character traits and an array of skills. With our skillful forwards, dominating defense, and the cat-like reflexes of goalie Amy Large, it should be an interesting and intense year. Our

team has been hitting the ice every night for practice in preparation for our up-and-coming tournament and games.

Our first tournament is closing in on us fast. The pre-season Blue/Gold Tournament is an annual event for our guy's team, and our first tournament on home ice. We hope to attract large crowds to make this event memorable for everyone. The tournament runs from September 29th till October 1st so come out and watch a piece of history in the making!

Our team is made up of three centers, three sets of wings, eight defense, and two goalies. These girls aren't afraid to play it a bit physical and give 100 percent every shift. Our coaches - and I know they are going to read this - are a wonderful group that brings solidarity, dedication, and good example to our team.

Our team is looking for an all-out season complete with dedicated fans, many wins, and hopefully a new banner for the arena!!!

Hope to see you there!!!

WOMEN'S SOCCER RECAP

SUSAN Melnyk

The NAIT Women's Soccer team is off to a great start this season. With four games already played, the stats are 1-1-2. The league continues to become more and more competitive each season with the playoff race starting in the first few league games.

In the second week of league play, NAIT met SAIT at home. It was a tough, physical game, but NAIT was victorious with a 3-2 win. All three goals were scored by forward Heather Page. The ACAC player of the game for NAIT was sweeper Mary-Lou Hertwig-Jaksch.

The next game of the weekend was against the always powerful Mount Royal. This game ended in a 0-0 tie with NAIT keeper Mandy Crawford getting the shutout. The ACAC player of the game for NAIT was center mid-fielder Shea Shesch. It was a hard fought game, and NAIT came away proud but with a few bumps and bruises to show.

A well-played weekend was had by all, and the team continues to work together and work hard for each other. Well done, ladies!!!

Next Women's Soccer action is this weekend in Red Deer on Saturday and back in town at Concordia on Sunday. Wish us luck!

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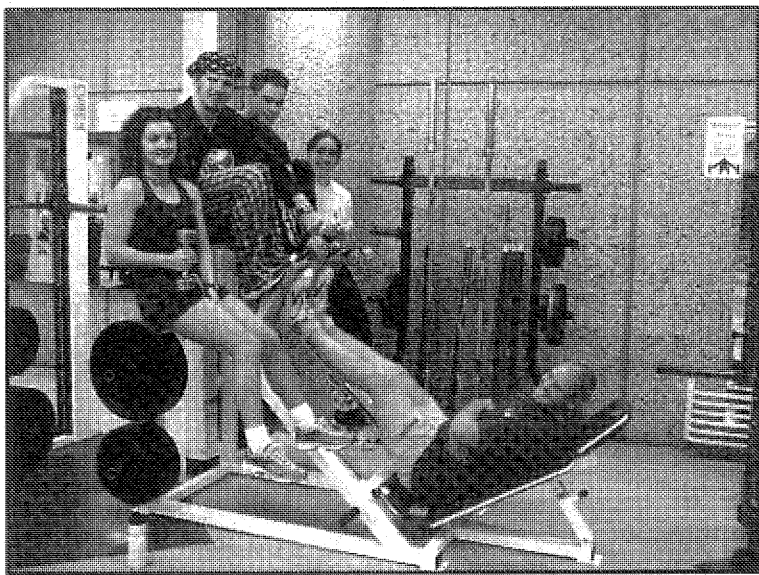
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Fall Into Fitness

JASON Pietrzak

The students of the Personal Fitness Trainer (PFT) program want to welcome students and staff to another year at NAIT. This fall, we hope you will all be joining us in the gym to get fit and stay healthy. NAIT offers a variety of classes to

help both students and staff get into shape through a myriad of programs (check the Sports and Wellness Office for info). Also, we look forward to offering personal training services in the second semester – more information on this will be made available in the Nugget in January.



NAIT Soccer Dominates

GRAHAM Wood

Two weekends of men's soccer action at has resulted in the Oaks collecting 10 points from a possible 12.

With a 3-1 win against Red Deer in the season opener on September 16th, NAIT followed with a scoreless tie against local rivals Grant MacEwan. Two goals from John Currie and a single from Mike Mauro assured the win versus Red Deer.

On Saturday the 23rd, NAIT entertained SAIT, where Branko Cuto netted the game opener from a breakaway attack. Dale Isley slotted home number two from a cross by winger Vince Caputo, and John Currie scored his third of the season, capitalizing on a goalkeeper error. Ryan Callaway, in goal for NAIT, recorded his second shutout.

The following day, last season's champions Mount Royal, took the field with the intent to break NAIT's unbeaten streak. In a thrilling game, NAIT's defense, led by central players Nick Giordano and Wendal Bertram, stood proud. The first half ended in a 0-0 tie. Fifteen minutes into the second half, NAIT became frustrated when Mike Mauro had a

seemingly good goal disallowed. Just one minute later however, Dale Isley, always a thorn in the Cougar's side, scored the game opener rising

Fifteen minutes into the second half, NAIT became frustrated when Mike Mauro had a seemingly good goal disallowed.

to bravely head home after an error by the Mount Royal goalkeeper. Ten minutes later, the Oaks again came close from another header, David Cheung hitting a post. With ten minutes remaining, late substitute Ricardo Brito entered the fray to finish a combination move in fine style, heading home NAIT's insurance goal and clinching a well-deserved victory. Ryan Callaway was again unbeatable in goal, registering a hat trick of shutouts.

Bannert's Weekly...

FITNESS FAQ



TRAVIS Bannert

Well, I've gotten some rave reviews, and it seems that this section is very popular.

I have decided that I will do a Fitness FAQ every week. Those that feel that I should devote more time to the other sports can discuss it with the fans of this article. For the people that like this column, I encourage you to keep submitting your questions to my E-mail at Dukes365@collegeclub.com.

Let's see what my first question of the week is for John Reeves, our Fitness consultant and head of the PFT (Personal Fitness Trainer) program.

Moi: For the students that have those hour-long spares and want to workout on cardio, what would you recommend for the best training with that limited time allotted?

John: The best workout for cardio,

when given such a limited amount of time for a workout, would be running. The fastest way to burn calories and get an excellent cardio burn would be running. As this is a fast way to attain your cardio goals and is easy to prepare for. I would highly recommend starting with running. If running is not the best option for you, then any of the other cardio machines in the NAIT gym will be a close second to substitute for running. Any of the treadmill, stairmaster, or rowing machines will work fine.

Moi: John, what would you suggest for students who want to hit the gym in the morning and are looking for an energy boost or a decent workout?

John: If it were me, I would go to the NAIT Fitness Center and get on one of those cardio equipment machines for 10-15 minutes. The next step would be to do a circuit, which is like what we talked about last week (a single set on each of the major body part: legs, arms, chest, back). Finish with five minutes of cardio and a little bit of stretching. Try to get all the body parts in a single workout. You should be able to

get one circuit in the time allotted. The effective diet required for a morning workout is your basic breakfast, and the important thing about breakfast is carbohydrates. They are considered your brain food, the brain can only use glucose that are attained from carbohydrates, so it's important that we get this nourishment into the system for our morning workouts and for class. That's the most important part of having a well-balanced breakfast. The brain doesn't function well if you don't feed it. You want to focus on carbs such as cereal, toast - your traditional breakfast. Avoid bacon and egg breakfasts as they are high in fat and will slow you down and waste time you don't have. Fruits and fruit juice are always a good idea.

Moi: That was very informative, John, and thank you.

So, people, hopefully John and I have helped you a little in your quest for success, and I'll see you next week with some more answers to your questions.

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STEVE
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Our story begins on a rainy, lazy summer day in Rocky Mountain House, Alberta. In search of some fresh attire (desperately needed after a full week of camping), we stopped in at the *Rocky Mountain Bike 'n' Board* to check out their gear (us being the

at the chance. Why not, right? Uh, right. So this is what we learned:

The Medicine River Wildlife Rehabilitation Center is a sanctuary for all species of injured animals. Currently, it is home to several great horned owls, bats, chipmunks, some eagles, and a partridge in a pear tree! They care for creatures from bear

cubs to beavers, coyotes to cats, and everything in-between. It's a sad fact that 90 percent of these animals wouldn't need urgent medical treatment if it weren't for us stupid humans invading their natural habitat. When asked what the most common cause of injury was, the response

was unanimous... "Red-Tailed Hawk plowed by car."

"People need to understand wildlife. What we don't understand, we criticize, persecute, and fear. People don't think that *they* are a part of nature, too." Carol Kelly, the Executive Director of the Center, offered us some words of wisdom. She spoke about some of the many creatures that are commonly regarded as pests, such as coyotes, crows, and ground squirrels. "Nature is a balance. Just because there is a lot of something today, doesn't mean it should be disrespected."

The "patients" brought to the Rehab Center are first taken to the treatment room where they receive the appropriate attention. This could be anything from mild sedatives to setting and bandaging broken limbs. We had the opportunity to witness this process first hand while the center staff attended to our little buddy, the Red-Tailed Hawk. After the initial treatment, the animals are settled into small cages to rest and recover. When they have regained enough strength, they graduate to much larger contained areas in which they can exercise and rebuild atrophied muscle tissue. Finally, after rehabilitation is complete, the animals are released back into their homes in the wild.

We also learned that the Rehab Center stays open only through donations and kind-hearted volunteers. We asked about government funding, and the response we got was that government involvement would be



more of a pain in the ass than a benefit. Big surprise. The result would be more restrictions, more regulations, more red tape, and therefore, less help for the animals. Some funding comes from major corporations, often with a history of wreaking havoc on the environment (a little guilt involved, perhaps?). The Center relies on these hefty donations as well as smaller, more personal donations from concerned and compassionate individuals. Despite the generosity of donors and volunteers, the Center constantly struggles to keep its head above water with the threat of closure looming overhead every year. All proceeds from

sensitivity made us realize how much we can and *should* be doing to help protect our environment and *all* its inhabitants.

For more information about the Medicine River Wildlife Rehabilitation Center, phone:

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<http://www.telusplanet.net/public/mrwrc/>

the gift shop go towards medical supplies for the animals and efforts to educate the ignorant masses on wildlife issues. The Center also offers care and support to troubled youth, encouraging respect of animals and our environment.

Visiting the Medicine River Wildlife Rehabilitation Center and speaking with the warm, dedicated people who make the Center tick was quite a wake up call. Observing first hand the damage caused by our

own ignorance and in-



Staff member Kathleen Sheppard poses with an injured saw-whet owl.



C'mere the fox, a long-time resident, is a surrogate mother to abandoned or injured canine pups.



ultra-extreme outdoorsy types and all). While we were there, we got some cool shirts and entered a draw for a trip to Africa...

Right about now, you may be wondering if this story is going anywhere. It is... to the *Medicine River Wildlife Rehabilitation Center!* Yeehaw!!!

As it turns out, the owner/manager of the store overheard our giddy conversation about "how" cool it would be to win that trip! He was heading over to the Rehab Center *right now* to bring in an injured Red-Tailed Hawk for treatment, and we were welcome to come along for the tour. I'm still not sure whether or not he was joking, but we jumped



Steve checks out the "new" wing of the centre. Construction is in limbo due to a lack of government financing.

Female Oil Wrasslin'



SHANE
Turgeon

Hey, guys, Monday night TV got you down? Monday night RAW just isn't cutting it these days? Well, it looks like the Cook County Saloon might just have a solution for your woes. It seems every

Monday night after the football game, Edmonton's own Female Oil Wrestling Federation rolls into Cook County for some slick action. Sound exciting? Well, it



You get the idea.

is, for the most part.

While there is very little - okay, no technical proficiency involved in the matches - one would have to admit that there is an abundance of entertainment value. Two women in bikinis slipping around with each other and sliding into various compromising positions does, in fact, have its en-

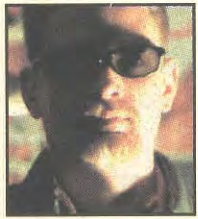
dearing qualities. However, if the show wasn't run like a strip show, it might have some more merit. All "matches" are set to three songs, like strip sets, and feature the talent groping around with each other. Interesting stuff.

If any of this has peeked your curiosity, then maybe Cook County is the place to be. The action takes place every Monday night, and the cover is a mere \$3 after 9 p.m.



I don't think this needs a caption.

From the Inside Out



JAMES Olson

With the creation of one successful advertising agency under her belt, entrepreneur and second generation NAIT graduate Amanda Welliver couldn't ask for a whole lot more... or could she?

The memories of her high school days is the fire behind Amanda Welliver's latest project, Paradigm Esteem, a confidence building and modeling program for teens.

"Paradigm Esteem is the result of my experiences teaching modeling and getting over my insecurities as a teenager. This isn't just a make-work project for young adults, this is a program that will make a difference in a lot of kid's lives," says Amanda. "Too many of them are fighting a battle against themselves' and they don't even know why."

For many teens, high school can be a trying experience, to say the least. Amanda's 2-month program is designed to give teens back the confidence that adolescence can take away. The 9-week course focuses on not only developing a person's look, but also their self-esteem and self-image. Many topics are covered in the course including building healthy relationships, managing stress, and resolving conflict. The course is available to both male and female students in the 11-20 age group, and all students get to participate in a fashion show at a local mall.

Feedback from students who have taken the course has been very positive, and Amanda is looking forward to helping as many teens as possible.

"Sometimes it's not about wanting to date the quarterback, it can just be about giving a person the feeling that they have something to contribute to the world, that they're not alone."



To register or for more information, contact Amanda or Kate at Paradigm Esteem 414-0116 ext. 6

A Standing Ovation



KELSEY Farnalls

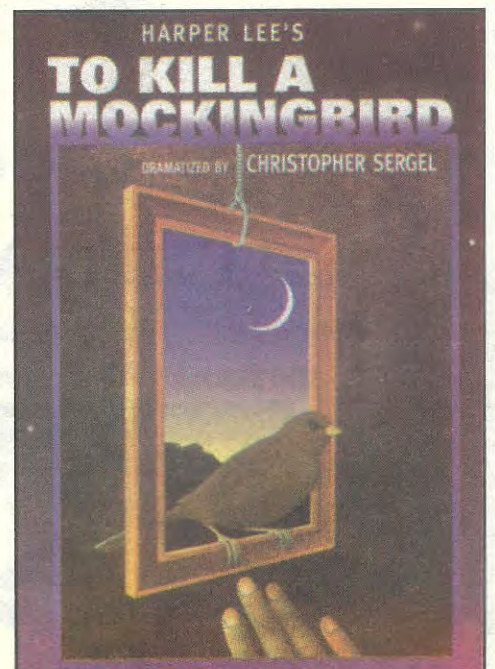
Brilliant and captivating would be the best words to describe the Edmonton Citadel's production of "To Kill a Mockingbird." I was completely spellbound every minute of the play, and to make it even better, we had on-stage seats. Yes, we were actually sitting on the stage. It was impossible not to get swept up in the spectacular performances of each of the actors.

Narrating the play was Gina Wilkinson as a grown up and whimsical Jean Louise Finch (referred to as Scout in her childhood). She complimented the play nicely and helped to tie it all together. Of course, I was absolutely amazed by the youngest members of the cast,

namely Arianna Marsden as Scout; Beau Sweatman as Jem Finch; and Conrad Sweatman as Dill Harris. These talented, young actors delivered stellar performances and really seemed to portray their characters exactly as I had imagined them. And perhaps the most impressive character was Atticus Finch, played by Ric Reid. His refined appearance and commanding mannerisms reminded me a lot of Kevin Spacey, and his many small speeches were delivered with conviction and that quiet dignity belonging only to Atticus Finch.

Whether you've read the book or not (written by Harper Lee), this play will be sure to dazzle and delight you. Set in Maycomb, Alabama, in the year 1935, the play addresses issues relevant both then and

now, such as racism, equality, and the courage to stand up for what's right. I was thoroughly delighted with my Citadel experience, and I highly recommend seeing "To Kill a Mockingbird" or any one of the many up-and-coming plays.



nr92

This Friday, tune into NR92 (92.1 on the cable dial) and catch the Ground Zero show.

This Week's Topic: Student Economics

The Ringpost



**SHANE
Turgeon**

Welcome, wrasslin' fans, to this, another fine installment of "The Ringpost." All right, let's start this off with a recap of Sunday night's WWF Unforgiven on Pay-Per-View.

• Right To Censor beat the Acolytes and the Dudleys.

• Tazz beat Jerry Lawler with interference by Raven, who made his WWF re-debut.

• Steve Blackman retained his Hardcore title in a Hardcore Invitational match against Crash, Al Snow, Test, Saturn, and Sho Funaki.

• Y2J beat X-Pac, but X-Pac got the better of Jericho after he attacked him with nunchucks.

• The Hardy Boyz beat Edge and Christian to capture the Tag Team gold.

• Eddie beat Rikishi after Rikishi got himself DQ'd for doing the Bonzai drop on Chyna.

• HHH beat our Olympic Hero Kurt Angle with the help of Stephanie.

• Shane O'Mac comes out to reveal that it was Steve Blackman who hit Austin with the car. Blackman comes out to respond and is hit with

a Stone Cold Stunner. As Shane O celebrates with Austin, Austin hits him with three consecutive stunners, alluding to the fact that he knows that it wasn't Blackman who committed the automobile transgression.

• The Rock retained his title in a rather boring Fatal Four Way match between himself, Chris Benoit, The Undertaker, and Kane.

So, all in all, it was a fairly bland PPV with only a couple of highlights. Thankfully, they decided to bring Raven in an angle with Tazz and not with Steve Blackman as was otherwise indicated. This way, Raven's charisma can help get Tazz over, and the two can work together in a hardcore fashion. Unfortunately the X-Pac/Jericho feud will continue, which will do nothing to further Y2J's current standpoint. And now that Stone Cold is back, look for the intensity of the marks to be fueled, "Oh, no, now who will I cheer for? The

Rock or Stone Cold?" Give me a break.

News...

• Crash has now dropped the Holly from his name. Look for him to be distanced from Bob Holly when the Hardcore one makes his return in November.

• WCW has now begun filming Nitro and Thunder the same night in the same arena. This is obviously a cost cutter because now they only have to pay for one venue a week and only have to pay for wrestlers travel expenses once. What this will mean for the quality of the show will have to be seen.

• Juventud Guerrera has signed a

one-year contract with the WCW. That way, when Konnan and Rey Mysterio's contracts expire in a year, he'll be free to go wherever his friends go.

• Bret Hart's contract expires at the end of November. No word on whether or not he'll resign.

• The Great Muta was punched out by a five-year-old at a house show recently. Being the consummate showman that he is, he used the incident as an angle for the rest of the match. Rumors...

• Lenny Lane is looking to get into the WWF.

• Rumor has it Goldberg was bullying Evan Karagias around the locker room.

• Now that WWF is going to TNN and ECW is off TNN, rumors are running that Paul E. Heyman, the head of ECW, is looking to sign with USA.

That's all for this week, folks. See you next week.

ACAC Stats

SOCCER

MEN

NAIT 3 SAIT 0

NAIT 2 MOUNT ROYAL 0

WOMEN

NAIT 3 SAIT 2

NAIT 0 MOUNT ROYAL 0

HOCKEY

MEN

NAIT 2 AUGUSTANA 4

NAIT 2 GRANT MACEWAN 1

NAIT 1 CONCORDIA 1

UPCOMING THIS WEEK-END ON CAMPUS....

NAIT WOMEN'S HOCKEY BLUE/ GOLD TOURNA- MENT:

FRIDAY

4PM

NAIT VS U of A

7:30PM

EDMONTON CHIMOS VS

U of LETHBRIDGE

SATURDAY

9AM

U of A VS EDMONTON CHIMOS

12PM

U of LETHBRIDGE VS NAIT

4:30PM

U of LETHBRIDGE VS U of A

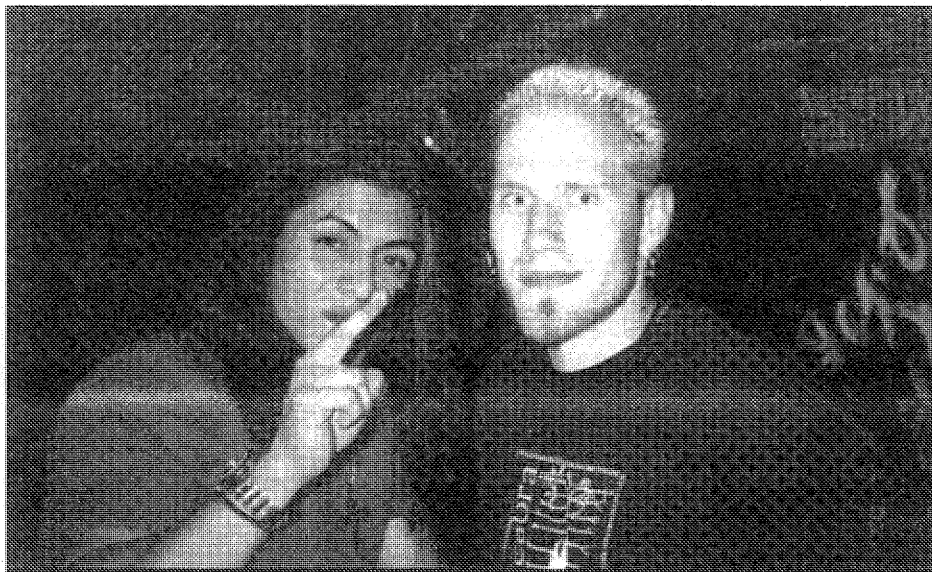
7:45PM

NAIT VS EDMONTON CHIMOS

SUNDAY

10AM 3rd PLACE GAME

1:30PM CHAMPIONSHIP FINAL



Shane with Juvi. He's got the juice.



Great Western Canadian NEW YEAR'S SKI TRIP

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SOLD OUT

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INCLUDES:

4 nights accommodation

Coach transportation

Lift tickets • T-shirt

Complimentary beverages

CD review

THURSTON Jacks

Rachelle Ferrell

Individuality (Can I Be Me?)
Capitol Records



An on-the-spot review conducted with K. Joseph Kijek by Thurston Jacks. The following conversation took place inside K. Joseph Kijek's study in-between 12 a.m. and 1 a.m. in the morning on Monday, September 25, 2000.

THURSTON: Hello, K. Joseph.

K. JOSEPH: Oh, hey, Thurst.

T.J.: Who's that playing on your stereo?

K.J.: THE WEAKERTHANS new album LEFT AND LEAVING.

T.J.: Who are they?

K.J.: (sighs) They're this fantastic band from Winnipeg, Manitoba. In my opinion, this has got to be the best album of the year 2000 by a mile. Y'know Winnipeg has got to be one of the quintessential music capitol. I mean DUOTANG, KITTENS, heck even NEIL YOUNG is from there.

T.J.: Yeah, and THE CRASH TEST DUMMIES and I think THE WATCHMEN.

K.J.: (not impressed) I guess... Anyway, yeah, the WEAKERTHANS are amazing.

T.J.: Yeah, I heard that about you.

K.J.: Heard what about me?

T.J.: That you're this guy who knows next to nothing about the popular music of today yet you're an unlimited encyclopedia of obscure alternative bands and classic rock.

K.J.: And roll.

T.J.: What?

K.J.: Classic rock and roll. I don't like ROCK. It's gotta have roll or it just don't - you got it - roll.

T.J.: Were you one of those guys who listened to GREEN DAY before 1994?

K.J.: Y'know, I knew who they were, and I listened to their albums, but I wasn't too much into them. Suprisingly so, because they have the same songwriting patterns of bands I loved like the early BUZZCOCS, THE JAM, STIFF LITTLE FINGERS. Out of anyone from that whole Gillman Street Berkley, California, scene I was by far taken with JAWBREAKER. (puts hand on his heart) JAWBREAKER were amazing!

T.J.: Sure. Anyway, I got this CD here for you to comment on for THE NUGGET.

K.J.: (looks at cover and title of album and winces) Well, one should never judge a book by its cover. (starts investigating the package) Looks like a mix between Tracy Chapman and Sarah McLachlan. Self-indulgent singer songwriter who just broke up with her boyfriend? (puts in CD) Aw, man, this is so self-indulgent and boring! This is a Macy Gray starter kit. I liked

the single Macy Gray released over the summer, but this is bloody awful! Macy should write a song called, "Rachelle, your impression is not flattering." Tracy Chapman should also raise her fist and protest. This Rachelle basically ripped off her poses for the photo shots inserted in this CD. I mean, Tracy was cool. She had something to say and said it with conviction. This is horrible. I wonder if Whoopie Goldberg would even like this! This is plastic soul. This ain't no Tina nor Aretha nor

early Diana Ross. This is making babies music disguised in produced sensitivity or, as Holden Caulfield would say, "what a phony!" But then again I never liked Whitney Houston so y'know the majority will probably eat this up. The songwriting is to easy. Anybody, and I mean anybody could write these songs. Why they'd even want to, I don't know.

T.J.: So, I guess you don't like it.

K.J.: You got that right, Jacks.

T.J.: But it's supposed to be heart-

breaking.

K.J.: It's definitely breaking. Breaking my ears. UGH! Turn it off! (I turn it off) Thank you!

The rest of the evening I listened to K. Joseph tell me why THE CLASH changed his life at the age of 12 and why Chrissy Hinds from THE PRETENDERS is his favourite female singer-songwriter ("She's smart, tough, cool, and knows how to put a boy in his place.")

Till next time.

LONGRIDERS SALOON

PRESENTS

ROADHOUSE THURSDAYS

BATTLE OF THE BANDS

AT LEAST 2 ROCK BANDS NIGHTLY

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SEPT. 14 TILL OCT. 26, 2000

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DRAFT
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HORRORSCOPES Auto(n)mation — Part 4



DARIA Morgan

Capricorn (December 22-January 20)
Excellent week to drive on the other side of the road. Random starts and stops are also good.

Aquarius (January 21-February 18)
That bad smell in your locker will get stronger. Time to investigate.

Pisces (February 19-March 20)
You will have a dream in which a stadium full of dogs look on while a group of wiry runners chase a bunny around a track. The bunny will be your former significant other. You will think this is a very cool dream.

Aries (March 21-April 19)
Avoid friends who have had sudden personality changes this week - and always watch the skies.

Taurus (April 20-May 20)
Good week to go on a voyage of self-discovery. Try to be back in time for Saturday cartoons.

Gemini (May 21-June 20)
This week, you will be invited to go on a 3-hour boat tour of the city, which you think will be plenty of fun. The tour may last longer than you expect...

Cancer (June 21-July 22)
A strange package will appear in your backpack - it will contain naked Ook pictures

and lots of rope. This could be a sign of a very good week ahead!

Leo (July 23-August 22)
Don't you owe someone a thank-you note this week? If not, send one to someone anyway - thank them for breathing. That's always fun.

Virgo (August 23-September 22)
Excellent week to loudly slurp your drink. Remember, if you're going to do anything, do it well, and obviously that includes slurping.

Libra (September 23-October 22)
You've got to slow down this week! You're driving yourself and everyone around you stir crazy. Just pretend your life is that of someone that has no life, and you will fare much better.

Scorpio (October 23-November 21)
You will be forced to re-evaluate a certain instructor's IQ this week when they inform your class they are looking forward to the release of "Titanic II."

Sagittarius (November 22-December 21)
As you return to school this week, your friends will be unnaturally quiet and good-natured. Eventually, you'll discover how the switch was made.

If Today Is Your Birthday:
This will be a very happy day for you - and you know what they have been saying about that for thousands of years, don't you? "Happy good! Me like happy!"

Have any questions or comments? E-mail me at:
virgin_state_of_mind@hotmail.com



K. Kijek

"The Horror! The Horror!"
Kurtz to Marlow in Joseph Conrad's novel "HEART OF DARKNESS" or Marlon Brando as MAJOR KURTZ to Martin Sheen as Captain Willard in Francis Ford Coppola's cinematic masterpiece "APOCALYPSE NOW."

A dark as a midnight sky without stars, it was conveniently placed behind the typed in liquid paper with white capital letters entitled "CHEMICAL STIMULI: SYNTHETIC SATISFACTION GUARANTEED." Stayed in place and silence for close to five seconds.

SWITCH.
A fifth-rate synthesizer evoking a swank, yet cheap boogie rock - without any roll - rhythm exploded it's tactless vulgarity through the surround sound stereo system speakers.

A crystal clear blue sky exuding rays from a billowing sunshine. Three puffy sheep fur clouds were positioned in a triangular formation.

Overlaying the "wrr-wrr-wrr" tempo came forth a deep yet jubilant voice with an ultimatum of exposing a brand new form of paradise:

"Congratulations! You have been chosen as a full-fledged member of the constantly expanding Chemical Stimuli enterprise!"

Synth breaks. Drum kicks, symbol hit and circled back into regular synth fluctuation.

"Since the plague of 2034 life here on the Northern Continent of W.I.R. just hasn't been the same. I mean - heh, heh, heh - let's face it these are tough times here in the year of 2084 and some of us haven't been the same since. But why worry about the little things when you can rest those worry circuits away with synthetic stimulators!"

SWITCH.
A close up of a bald yellow mutated male zombie with a worn mustard yellow complexion and drooping red watery eyes. Stuck to the right and left temple of his forehead is a round as a quarter steel circle. The circle is attached to two thin silver coils.

The zombie moans a protracted moan of inexorable weariness and gloom.

The over zealous narrator

chimes in his example of stimuli magic:

"Boy don't he sure look glum. It's as if he were the living dead or something. Ha-ha-ha-ha. You bet there was a pun intended. Ha! Anyway, let's see what we can do to get OLE sour grapes here a pick me up."

SWITCH.

Boy replicant with a two-centimeter crop of thinning golden straw hair stands motionless on the left side of the frame. His piercing blue eyes and sparkling white - stars chinging and chiming - smile is composed with the intention of inviting one away from a much needed break from the stresses and perplexions of reality.

Girl replicant stands a foot beside her workmate. Her hair is shoulder length, flowing forth a sunshiny yellow texture. She is similar in design to her workmate in the purpose of excuding an agreeable disposition.

In front of their wastes, perched upon a mauve colored counter top, is a copper box. It's shape and size is similar to a toaster.

The words SYNTHETIC STIMULAOR SANCTUM are placed neatly in big bold pink letters behind a black billboard.

SWITCH.

TO BE CONTINUED...

World's First Wireless Virus is Found

J.A. Acosta

The world's first wireless virus has made its debut according to McAfee.com.

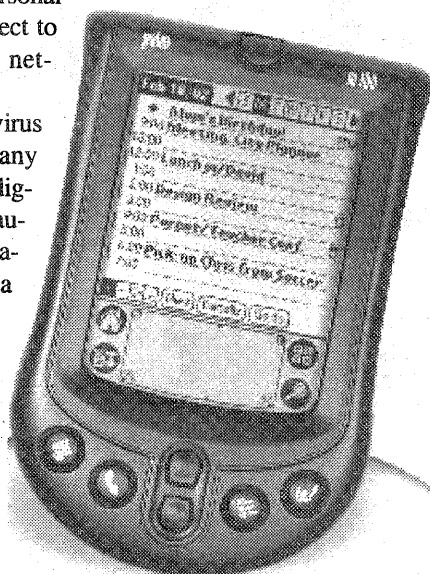
The virus affects wireless hand held computers, or personal digital assistants, that connect to the Internet or computer networks.

The Palm OS/Phange virus does not appear to pose any major threat to the personal digital assistants (PDA's), but authorities say that the first major wireless virus is only a matter of time.

The virus, which attacks the increasingly popular PDA's that run with the Palm OS operating system, simply changes the PDA's screen to a dark gray box. It can be remedied by turning off the device and then erasing any files called Phange.prc.

Another wireless virus called

"Liberty" was reported in Sweden in early September, but was of no real concern because it did not spread by attaching itself to other software the way the Palm OS/Phange virus does.



For more information on Palm products, check out palm.com



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RUGBY

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Practices start
Thursday
4:30 pm
Sept 28

Meet at the
NAIT Soccer Field.

ROCK ON! FEST

KICK OFF PARTY

FRIDAY, OCTOBER 6, 2000

"SLIM WHITMANS NIGHTMARE"

SAT. OCTOBER 7, 2000

BATTLE OF THE BANDS

PRIZES

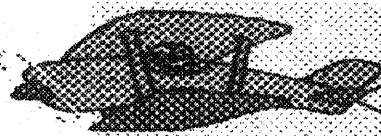
2:00am TO 2:00PM

\$5.00 COVER CHARGE

DRINK
SPECIAL

12 ROCK BANDS

12 HOURS



WIN A TRIP TO LAS VEGAS

SUN. OCTOBER 8, 2000

BATTLE FINALS 8 pm - 2:00 am

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Words Of The Week



KELSEY
Farnalls

By words of the week, I am not referring to something so sage as perhaps words of wisdom, although you can take it in any way you like. I just thought I'd take the time to share some of my favourite words from the English language.

Firstly, I enjoy the word *wit*. It can be used in many ways. For example, I *unwittingly* noticed at the last minute that I had really no articles to turn in to the paper this week. But, on the other hand, the Editor-in-Chief, being a *half-wit*, probably won't notice that I'm turning this in instead of something relevant to the goings-on of NAIT.

Whoa, whoa, I'm just kidding. The Editor-in-Chief is not a half-wit at all; I just had to demonstrate another use for the word *wit*. Another way of putting it would be to say that the Editor-in-Chief is not *witless*. They mean basically the same thing, except you can call someone

a half-wit if you want to call them a name, but *witless* is really more of an adjective to describe a person's intelligence, or lack thereof. I can also say that I'm at my *wit's end* trying to come up with something *witty* to write.

Well, I think by now that I've clearly illustrated the incredible diversity of the word *wit*.

Perhaps now would be a good time to reveal my second word of the week. It's *chagrin*. *Chagrin* is defined as a feeling of vexation marked by disappointment or humiliation. Did you notice that I didn't bold the word *chagrin* the way I bolded *wit*? That's because I didn't want to give

away the second word of the week prematurely. I wouldn't want anyone to just scan over this article and see the word *chagrin* and neglect to read its proper definition and then run off half-cocked using it incorrectly.

That brings us to the third and final word of the week, which is *half-cocked*. It, of course, means to act or speak impulsively or thoughtlessly. Isn't that a funny word? Anyway, I like to think I can rest easy now in the knowledge that everyone will be using the words of the week in a proper and appropriate manner.

Good luck, and Godspeed - whatever that means.

Daria's Two Cents

DARIA Morgan

The next few upcoming weeks promise to be bliss as summer re-runs come to an end and season premieres begin to air.

While I am not much of a couch potato, there are a few shows that I make a point of trying to catch. Here are a few of the air dates for the season premieres of some of the ones I tend to sit on my butt for every now and then:

• *Angel* premieres Thursday, September 27, at 7 p.m. on the Space Channel.

• *Buffy The Vampire Slayer* premieres Saturday, September 29, at 5 p.m. and 9 p.m. on A-Channel and

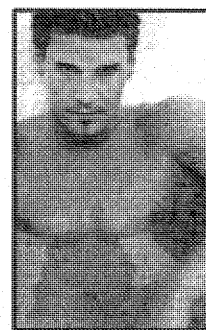
YTV respectively.

• *Jag* premieres Tuesday, October 3, at 9 p.m. on CBS.

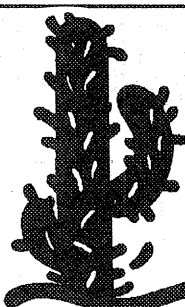
• *Dawson's Creek* premieres Thursday, October 5, at 7 p.m. on Global.

• *Ally McBeal* premieres Monday, October 23, at 9 p.m. and 10 p.m. on CTV and Fox.

"Mmm. Angel. He can take a bite out of me anytime!"



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Another
Good Time!"
Anytime At Ezzie's

Tuesdays

The Legend
Continues...

DRAFT
NIGHT

Wednesdays

Starvin' Student Night

Great specials for those on a tight budget.

Thursdays

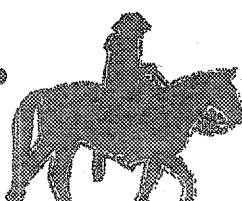
NEWEST, BEST
Ladie's Night In Town

Show starts at 9:15 pm. Great drink specials.

Fri. & Sat.

Happy Hour

8 pm - 10 pm Don't be late!



Birthdays!
Stags! Stagettes!
Cabarets! Private Parties!

You name it, no party too big or too small, we do them all.

Office Administration and
Records and Information
Management Program

Are holding
a BBQ and
silent
auction

Thursday, September 28
12 p.m. to 1:30 p.m.
Westwood Campus.

COME FOR
SOME
GREAT FOOD
AND BID ON
A MAN.

Tickets for a cabaret at
Cowboy's for Friday,
September 29 will also
be sold at the BBQ for
\$5 a piece.

Call 453-7320 for more information.

Business Students Shake Cowboys



TRAVIS Bannert

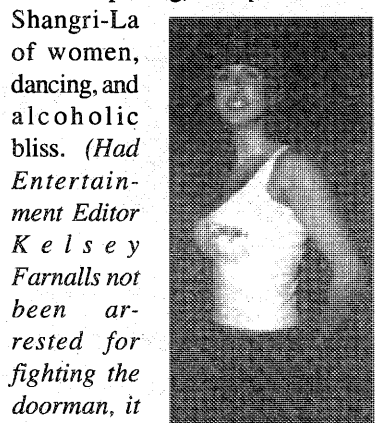
We arrived at Cowboys at 9:30 p.m. on Friday night to beat the line-up when, to our surprise, we found a line of at least 50 people. At first, I thought that the bouncers were just being pricks and wanted to slowly let people in. Luckily, we had our \$5 cabaret tickets that granted us access to the party, bypassing the line entirely. To my surprise, the bar was almost completely filled.

The Business faculty, attending their first cabaret accompanied by friends and the Cowboys regulars, made this easily one of the biggest shakers to date. As many of you already know, Business students throw the best parties, and no one was disappointed by the night's events - besides the people that couldn't get in after 11 p.m. Whoever didn't go or was unable to get in, I feel sorry for you.

Personally, I'm not a big fan of dance clubs as they get hot and packed, but the place was crazy. Just take your regular Cowboys Friday

night and multiply it by five. Those that were lucky enough to squeeze on the dance floor could only last a couple of songs before taking a refreshment break.

With the addition of a large portion of the Westwood Campus students (Office Administration and Court Reporting), the place was a Shangri-La of women, dancing, and alcoholic bliss. (*Had Entertainment Editor Kelsey Farnalls not been arrested for fighting the doorman, it would have been a perfect night—The Editor.*)

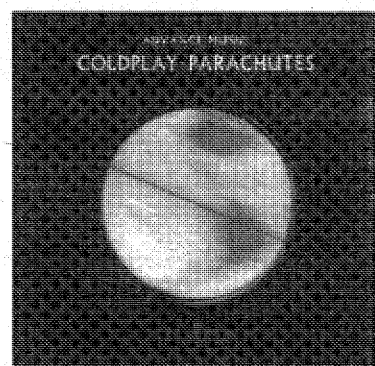


If you couldn't have a good time here, you obviously should be getting back to the home for some canasta. Even a group of lowly GMCC and U of A students were swayed into venerating the new school year with the lunatic NAIT partygoers. Needless to say, it was clearly one of the coolest parties of the school year, and if there is a better one this year, I better be invited. Can anyone say New Years Ski Trip?

CD review

JOHN Zazula
COLDPLAY

Parachutes
(Advance Music)



This is the first North American release for Coldplay; however, they are doing very well on the UK charts. *Parachutes* actually debuted at #1 overseas with the success of the first single "Yellow" - easily comparable to the new style of British music consisting of a slow tempo and thought-provoking heartfelt lyrics much like Travis, Supergrass, and Richard Ashcroft. The song "Yellow" is the perfect example of the new British sound coming to invade our radios and CD players. Containing both acoustic and electric guitar, which both help express the feeling put forth by words - correction - raw emotion of the unconditional love of the song. Raw emotion like (Look at the stars, look how they shine for you / And everything you do, they were all

Yellow.) really exemplify how much time and thought was put into the recording of *Parachutes*. *Parachutes* continues on in a similar style both musically and lyrically to give the listener a sense of satisfaction after listening to the album all the way through. The record is not really a collection of singles, which many albums have become, but a continuing emotion that deepens. My recommendation is that you pick this disc up if you really have a passion for music as you are going to appreciate every single note on the album. If I'm getting you excited though, you have to be patient, because it is not set for release until September 19th - but don't worry, it's coming soon.

MOVIE review CD review

ALMOST FAMOUS SOMETHING TO CROWE ABOUT

I wasn't sure what to expect from this movie as I sat in a crowded Cineplex Odeon theatre watching the credits roll by with no sound or music. If there is any justice in the world, the genius that made that error will be waiting by his mailbox for his EI cheque. Suddenly, the sound came on, and my focus was once again on the movie screen.

Cameron Crowe has made some great films, including the 80's classic "Say Anything" and the 1997 best picture nominated "Jerry Maguire." This movie can now be added to that list. A great cast, superb writing, and an excellent soundtrack makes "Almost Famous" the best film of the year to date.

Based on Crowe's own experiences, the movie centres around 15-year-old William Miller (Patrick Fugit) and his endeavours on the road with fictional 70's rock band Stillwater, which he is chronicling for Rolling Stone. Along the way, we meet a host of diverse and quirky characters, including Miller's overprotective mother (Frances McDormand), sceptical rock critic Lester Bangs (Phillip Seymour Hoffman), Stillwater guitarist Russell Hammond (Billy Crudup), and the Band-Aids (Anna Paquin, Fairuza Balk and the magical Kate Hudson), a trio of groupies who "inspire the music."

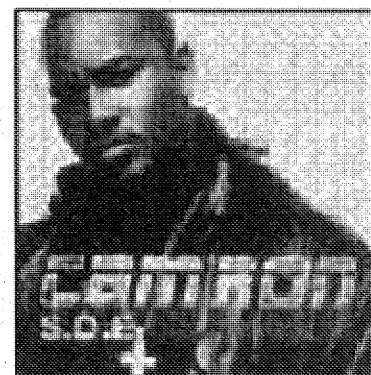
This movie is funnier and more touching than all other movies this year. Better still, this movie not only provides some intelligent commentary on the state of rock 'n' roll in the 70's, it captures all of the vanity, selfishness, aspirations, and innocence of this music genre and all those who flock to it.

With so many amazing characters and an enthralling story, "Almost Famous" has something to offer everyone, and I would recommend that everyone go see this movie. Hopefully, the projectionist will earn his paycheck this time.

SHARMZ

Cam'ron

S.D.E
Epic/Entertainment



The Harlem native, Cam'ron raised some eyebrows in DA rap industry in '98 with his first self-titled album. The album had the ever-popular club hoping' track "Horse & Carriage" featuring Mae. However, in the rap industry, many MCs get weeded out after they release their second album.

So moving on, Cam'ron has just released his sophomore album entitled, "S.D.E.," under the Entertainment label. The album is produced mainly by the ever-popular producer Killa Cam. Killa Cam has worked with multi-platinum artists such as Ma\$e, Big Pun, and Wyclef Jean. The album has many featured artists such as Destiny's Child, Old Dirty Bastard, Noreaga, and others.

S.D.E., at times, sounds too "Nice." The beats used in primarily most of the tracks are very happy sounding and are mixed with hardcore lyrics. For me, that just doesn't mix at all. But, at times, S.D.E. can have its high points with tracks such as "Losing Weight" featuring Noreaga and "F*ck you at," "That's Me," and my favorite track

on the album, "Freak." Other than those tracks that have been named, the rest of the album just doesn't have that unique feel to it at all like most of Cam'ron's old tracks.

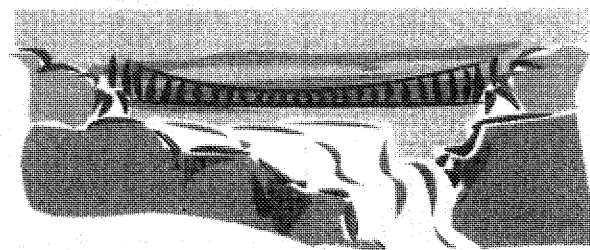
Cam'ron has went to a more

...if you like the New York/East Coast style of hip-hop, definitely peep this album out 4 SHO!

NY/East Coast style for this CD. His beats have slowed down, and his lyrics are not as crisp as before. It seems as if he has lost his touch since his first L.P that dropped in '98'. So, all in all, if you like the New York/East Coast style of hip-hop, definitely peep this album out 4 SHO! But, in my case, I recommend burning this album off da net or from a friend.

S.D.E by Cam'ron gets 3 bottles of O.E. outta 5 in my hood. Peace y'all.

CONSTRUCTION ENGINEERING PRESENTS... BRIDGE BUILDING 2000



COME OUT AND STRETCH YOUR ROPE!!

Date: September 30, 2000

Place: Whitemud Creek

Time: 9:00 a.m.

Contact: 471-7066 or e-mail
ckrieg007@hotmail.com

Cabaret to follow at Red's \$5.00/ticket being sold at the Annex.

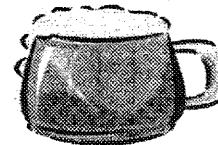
BEER GARDENS KICK OFF TO THE BRIDGE BUILDING CONTEST

Date: September 29, 2000

Place: The Dock at the Annex

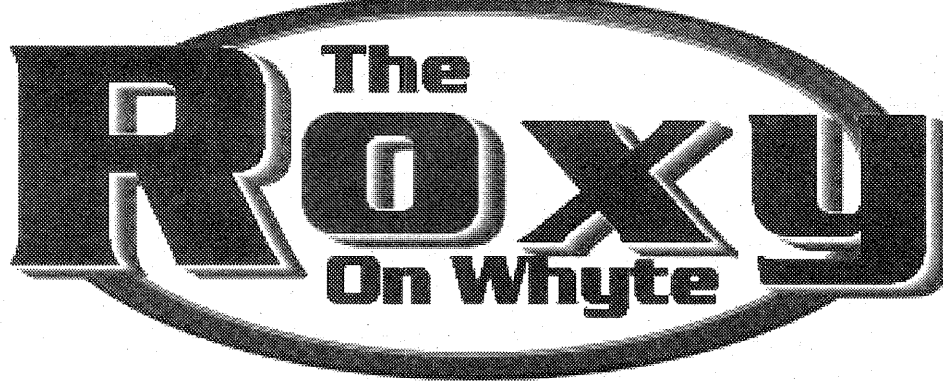
Time: 3:00 p.m.

DON'T FORGET TO SWALLOW!!!
(EVEN THOUGH THE BEER IS CHEAP)



WEDNESDAY LADIES NIGHT

Hiballs
\$1.00 \$2.00
8-10 10-12



FRIDAY SATURDAY

Edmonton's
Hottest Dance
Club

COME EARLY!
Avoid the Lineup!

Thursday \$2.75

**Win Your
Tuition!**

Hiballs &
Pints

**The Right Place Every
Long Weekend!**

The owners of the Roxy have personally been involved in NAIT's Shinerama, Fundraisers, Caberets, Tradeshows, Pubcrawls and more since 1989. Call Ronan (480-9997), Zeno (480-7007), or Jeff (480-8771) to book any event.

CABERETS

BIRTHDAYS

STAG/ETTES

FUNDRAISERS

TEAM
SPONSORSHIP

\$100.00



\$100.00

Book your Caberet or
Fundraiser on any Wednesday
or Thursday and receive an
additional \$100.00 cash.
It's that simple.

\$50.00



\$50.00

Book your Caberet or
Fundraiser on any Friday or
Saturday and receive an
additional \$50.00 cash.
It's that simple.

\$50.00



\$50.00

WED

GIFT CERTIFICATE

Valid before 11:00 pm
Some restrictions apply

Expires Wed. Nov. 1

\$50.00



\$50.00

THURS

GIFT CERTIFICATE

Valid before 11:00 pm
Some restrictions apply

Expires Thurs. Nov. 2



NAIT VIP CARD

Valid any Thursday before 11:00 pm.
Good for 4 people
\$20 Value. No Cash Value



NAIT VIP CARD

Valid any Thursday before 11:00 pm.
Good for 4 people
\$20 Value. No Cash Value

CABERETS

BIRTHDAYS

STAG/ETTES

FUNDRAISERS

TEAM
SPONSORSHIP

***** ALL TICKETS & POSTERS GUARANTEED ON TIME *****

For more info or reservations please call 437-ROXY (7699)
10544 - 82 AVE. (Formerly Scona Billiards)
Proud to be associated with Keys Please.



The grapevine from the *shy guy in the library* and *Hasslehoff* will not be printed this week because they forgot to submit their **FULL NAME** and/or **STUDENT ID#** along with their submission! While we're all for helping people get nookie, we will not print your submission if you're missing those vital little pieces of information – no matter how hard you beg.

From, Your loving typesetter

Just a reminder to all Grapevine submitters:

We've been receiving grapevines where the message on them is dated to happen (ie: meet me Wednesday) before the Nugget comes out. The Nugget comes out every THURSDAY, so if you want to advertise an

event or get someone to meet you before then, then submit your grapevine the week prior. The deadline for submissions is every MONDAY at 4:30 p.m.

The Office Administration and Records and Information Management Program are holding a BBQ and silent auction on Thursday, September 28 from 12 p.m. to 1:30 p.m. at Westwood Campus. Come for some great food and bid on a man. Tickets for a cabaret at Cowboy's for Friday, September 29 will also be sold at the BBQ for \$5 a piece.

To all the women of NAIT, Is it just me or are all the woman loosing there minds I mean come on ladies you say. You want prince charming and a guy who treats you like gold but when we do you just dump us off at the curbside and say sorry its not you, your just to nice, or you treat me so good like no one has but sorry you have to go. Well ladies grow up and get of your god dam high horses. Because ladies us nice guys are not going to take this

abuse very much longer and then where will you be dating the insensitive jerk again. Then again maybe it's just me. Ladies if you have anything to say in your defense email me at therant14@hotmail.com.

Typesetter's note: I don't know about other ladies at NAIT, but I personally like a guy who can at least spell "damn" or "off" and knows the difference between "your" and "you're." This submission was typed as is with no editing done to make this guy look good.

Hey, Boo!
I can't help but think about all the fun we had this summer and wonder when it will continue.
Love, Poopchick

Chainsaw! Porkchop!
Yes, we need to throw a mind-blowing shindig once again for our dear little sis. Is she bringing the ball and chain, I mean, um, boy toy? She still hasn't delivered my man.

Hmph. I'm starting to believe they don't exist again. Back to the nunnery, my friend.
Turbo Sloth

Dear Puggy Wuggy,
Just a note to let ya know how deeply missed you are. Even though we are not together anymore, I want you to remember how special you still are to all of us and especially me. I will always be here for you! And please remember, you're more beautiful than you think, you're smarter than you believe, and you have a heart made of pure gold. You deserve the absolute best in the world, and I hope you find it.
From, Your Bloated Frog

To the guy wearing the "1903" hat in the Nest, I think you're hot. Please respond.
Looking eyes

Hello Greg,
Smashed 99', enough said.
Checks

Hey Business Tower,
The NAIT RTA guys & girls want to challenge you to a game of paint ball.
Interested??

Hey Kelsey,
Check out Trav's "Business Students Shake Cowboys" article.
EIC

Classifieds

CARPOOL BUDDY WANTED:
If you are going to NAIT and live in the Stony Plain area and want someone to carpool with, then call Carey at 963-6191.

Men and women required for The Clansmen Rugby Club's ongoing programs. No previous rugby experience required. The Clan Clubhouse and Fields are nearby at Airways Park (behind the RCMP building). For information call 476-0268.

Classifieds

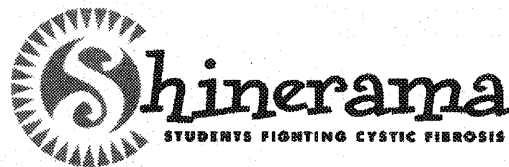
INSURANCE HIGH?

Are you 18 years old +? Take driver training?
Have a clear driving record?

GIVE US A CALL!!

North Side:	Val	453-9090
West End:	Susan	486-3215

NAITSA Gets Shaved For

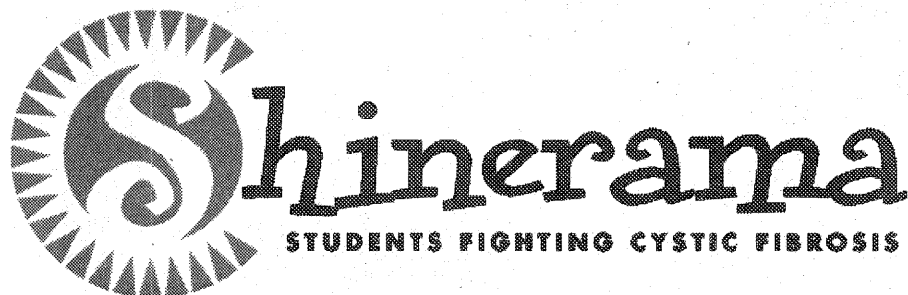


*On Tuesday, October 3rd,
we will surpass our goal of*
\$20,000

**So NAITSA must shave
their heads!!**

*Hair clippers will be auctioned for
use on your favourite NAITSA Execs*

**Place: Esmeraldas
Time: 10:00 pm**



It's not over yet...

THURSDAY, SEPT 28

Shine Night At The Roxy

Drink Specials All Night

Free tickets available at NAITSA

TUESDAY, OCT 3

**NAITSA GETS THEIR HEADS
SHAVED AT EZZIES!!!**

**Proceeds from the door and haircut auction go to Shinerama
Come down to NAITSA to start the bidding**

THURSDAY, OCT 5

Shine Night At the Burgundy Room

Proceeds from the door go to Shinerama

Free tickets available at NAITSA

Comeau's Cuisine

CURTIS
Comeau

Plantiers Restaurant

10807 - 106 Avenue
Phone: 990-1992

People often ask me, of all the restaurants I have featured in Comeau's Cuisine, which is my favorite? The answer is simple – Plantiers Restaurant. Specializing in authentic French cuisine

in here and say *what's this fork for?* If a dining experience is uptight, my evening is spoiled."

Before we commenced our evening, Eva and I both came to an agreement: "we had to save room for some of Mr. Plantier's legendary desserts." With that decided, we started off our night with some of their delicately prepared appetizers. I chose the customer favorite *Salade de Chevre Chaud* (warm goat cheese salad with extra virgin olive oil and thyme dressing) while Eva went with the escargots embraced in a light pastry puff.

As for the entrees, I eventually decided on a *Supreme de Volaille au Poivre Vert* (Tender chicken breast in a green peppercorn sauce). Eva, on the other hand, didn't have to look long, as she chose her favorite,

Mi-Cuit (personal chocolate cake baked to order with a soft center and a side of chocolate mousse).

The most memorable part of a Plantiers experience is that every item on the menu dawns a high level of culinary flair, making any choice a feast for the eyes. "The French like their food to be well represented – the better it looks, the better it will taste," comments Plantier.

Speaking of a culinary influence, Karen Alhstrom, graduate of the NAIT Culinary Arts program, completed her apprenticeship with Mr. Planter and is now working in Australia. "I really like taking on students from the NAIT Culinary Arts program. They progress very fast and have solid basics. We are always willing to take on apprentices, especially from NAIT."



and boasting a sophisticated yet modest interior, is what makes this elegant little eatery so addictive. Don't believe me? Just ask 96-year-old Harriet Winspear, wife of Francis Winspear, the founder of the Edmonton Winspear Center. "I have been coming here since it has opened six years ago," says Harriet. "The food is just so tasty."

Although Plantiers may cater to some of Edmonton's finest, owner and Head Chef Eric Plantier says that he doesn't want people to feel out of place when they come to visit his restaurant. "French restaurants have the image of being uptight and expensive, but in reality, it's not like that. People shouldn't have to come

The Aiguillette de Canard du Lac Brome au Cerise (breast of duck served in a light sour cherry sauce with thinly sliced garlic vegetables).

Once our plates were bare, it was time for a proper closing to a fantastic meal. Featuring a dessert menu that does this restaurant justice alone, Plantiers' choices range from classic French desserts like the *Mille-Feuille* (puff pastry filled with blueberries, strawberries and whipped cream) to more innovative choices like *Profiterolles* with Bailey's ice cream and warm chocolate sauce. Eva went down the unique road choosing the *Profiterolles*, while I chose Plantiers' signature dessert and my personal favorite, the

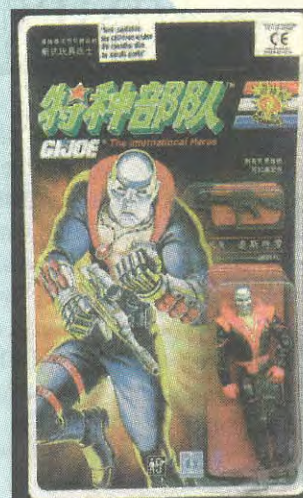
"Congratulations to Eric and Maurena on the birth of their second child, three-week-old Luc 'Plantier!'"

Toy Line of The Week: GI Joe

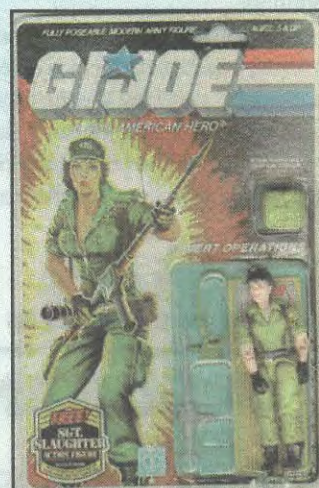
CURTIS
Comeau

Back in 1982, Hasbro introduced a new 3.3/4 inch GI Joe toy line to compete with the extremely successful Star Wars toy line. Kids from all over the globe took to these little army men which eventually lead to the demise of Star Wars toys. Needless to say, GI Joe was one of the hottest toy lines throughout the 80's. In 1989, when the line started to die, kids had already seen the release of well over 200 figures, vehicles, and playsets. Some of the earlier Joe figures which had originally cost a

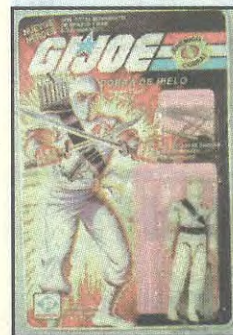
whopping \$3.99 CAD can now be found on ebay for selling for upwards of \$60 CAD each.



Japanese Destro



American Lady Jane.



Argentinian Stormshadow.

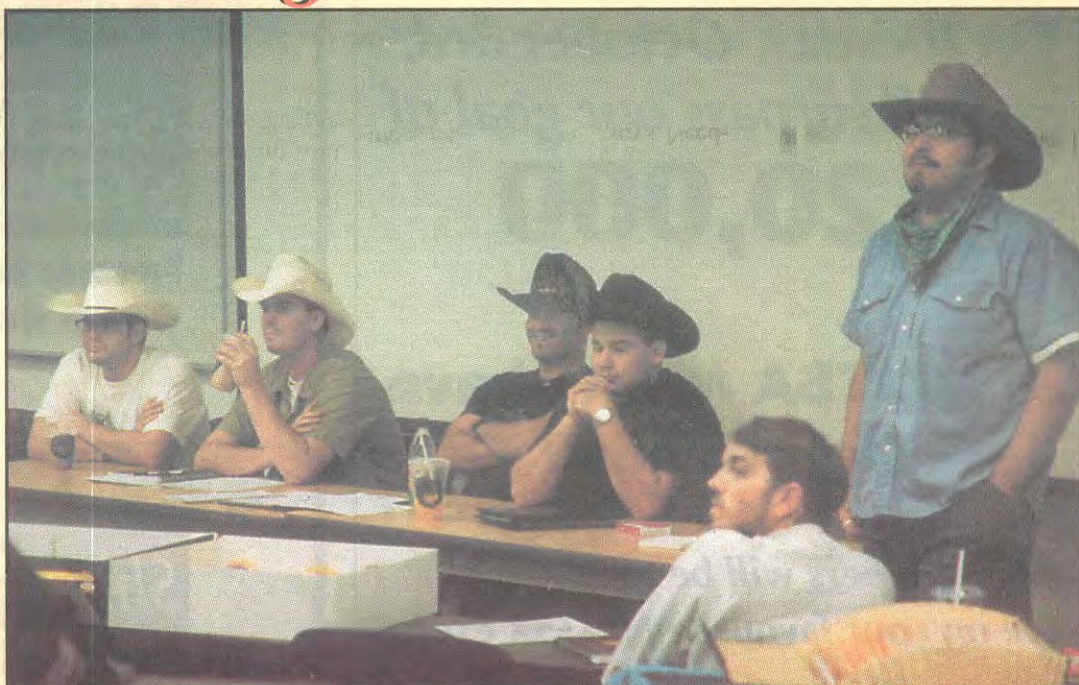


Mexican Snake Eyes



American Duke

NAITSA General Council Meetings Are Back In Session



The NAIT Cowboy Association (NCA) spoke to NAITSA General Council recently on the dangers of the rodeo.

